

PARK AND RECREATION DEPARTMENT

SENIOR CITIZEN SERVICES



The Scroll

April/May/June 2006



The Senior Citizen Services office is located in the lobby of the City Administration Building, 202 "C" Street, San Diego. The office is open Monday through Friday, 8:00 a.m. to 5:00 p.m. The office will be closed Monday, May 29th, in observance of Memorial Day. To get on our mailing list or for more information, please call (619) 236-6905.

Senior Citizen Services Staff

Kathy Aceves: District Manager
Millie Acasio: Supervising Recreation Specialist
Kristi Fenick: Recreation Specialist
Rebecca Cesena: Clerical Assistant

Senior Aides

Bernice Forsberg: Office Assistant
Marvin Haynes: Office Assistant
Patricia McGovern: Office Assistant
Joan Neff: Employment
Jeanette Bingham: Employment
Carolyn Wilson: Senior Lounge Assistant
Violetta Thompson: Office Assistant

Visit our website at: www.sandiego.gov/park-and-recreation/activities/snrsrv.shtml

"We enrich lives through quality parks and programs"

Announcements

In Memoriam . . .

Helen Blancato was a volunteer for Senior Citizen Services since 1987. She passed away in January 2006. Helen worked as an office assistant, providing information and referrals for seniors on housing, transportation and other senior resources. She briefly assisted with Senior Services' "telephone reassurance program". In addition to volunteering for Senior Services, she was a devoted volunteer at the Federal Court House in San Diego for eight years, as a Child Care Manager. Helen has been truly missed at Senior Citizen Services.

Easter Egg Hunt

The Senior Advisory Council and the Metro Red Hat Society are providing an Easter Egg Hunt for children with disabilities on Tuesday, April 11th. Members of these groups are volunteering their time and donating all of the "goodies", in which the children will enjoy.

Ballroom Dance Lessons

Are you interested in learning or fine-tuning your dance steps? If so, join Senior Citizen Services and Russell Maples, dance instructor, at the Balboa Park Club from 12:00 to 12:45 p.m. on the following dates: Thursday, April 27, May 25 and June 22. Cost of \$3.00, includes dance instruction, live entertainment at the dance following the lessons (see page 9), refreshments and door prizes.

Audition\$ Update:

Audition\$ is a musical comedy, written and directed by Dr. Jim Soules. The entire cast and crew has been working together since August 2005 to perfect this performance. Once perfected, the cast performed Audition\$ for a variety of senior audiences. In addition, Audition\$ will be aired on Time Warner PACE T.V. in the spring of 2006.

Volunteer Recognition

Senior Citizen Services' volunteers are absolutely necessary for the operation of our downtown office and Balboa Park Senior Lounge. In addition, volunteers assist at bi-monthly dances, special events and trips. The office volunteer duties include, issuing City I.D. and Senior I.D. cards, clerical work, information and referral and special projects. The senior volunteers contribute over 1400 hours of service each month to Senior Citizen Services programs. It is our pleasure to honor our wonderful and dedicated volunteers at our annual Volunteer Luncheon. The Luncheon is at Tom Ham's Lighthouse on Thursday, May 18th. A buffet lunch will be provided and each volunteer will receive an award. **Invitations will be sent to all registered volunteers in late April.**

Thank you!

As a non-profit organization, Senior Citizen Services relies on and is very appreciative of the generosity of our community. The following donations were made recently to contribute to the success of our programs: HomeTown Buffet (cookies and discount dinner passes), Cohn Restaurant Group gift certificate, Bally's Total Fitness passes, VITAS Innovative Hospice Care (cakes), microwave oven, \$20.00 cash, city transit passes, Junior Theater passes and many, many books, which are at the Balboa Park Senior Lounge.

Advertisements

Over 4000 issues of this newsletter are distributed quarterly to senior citizens, senior centers and other agencies that provide services to seniors. **Contact Rebecca, at (619) 236-6905, if you are interested in advertising in future additions.**

Senior Services

Free Legal Assistance

Jamie Levine, Attorney, offers free legal services (donations are welcome) to senior citizens, 60 years and older, every second and third Thursday from 9 to 11 a.m., at 202 "C" Street, San Diego. **Please call Senior Citizens Legal Services, at (858) 565-1392, for an appointment.**

Rental Rebate Assistance

Do you need help filing your Renter (TTB9000r) Forms? Volunteers from the San Diego Park and Recreation Department, Senior Citizen Services are available to assist you, free of charge, at the following locations from **July 11 to September 8, 2006:**

*Senior Citizens Office: 202 "C" Street, San Diego on **Tuesdays** from 9 a.m. to 12 p.m.

Bilingual assistance available.

*Balboa Park Senior Lounge: Casa Del Prado (room 105) on **Fridays** from 12 to 2 p.m.

You qualify for rental rebate assistance if:

- *You are 62 or older, blind, or disabled; and
- *You are a United States Citizen, designated alien, or qualified alien when you file the claim;
- *You paid at least \$50.00 rent each month; and
- *Your household income for last year was \$40,811 or less

Bring the following documents:

- *Proof of age or disability
- *Other income records
- *Claim form

For more information, call (619) 236-6905.

Medicare Part D

Florence Riford Senior Center (6811 La Jolla Blvd., La Jolla) is offering assistance on Medicare Part D on Wednesday, April 12th from 9 to 11:30 a.m. In addition, health screening is planned and refreshments will be provided. **For more information, call (858) 459-0831.**

Homeowners!!!

You may qualify for a **FREE** inspection and installation of security devices, such as: security screen doors, motion sensor lights, wide angle viewers, minor repairs, deadbolt locks, dusk to dawn lights, sliding door locks, window locks and carbon monoxide/smoke detectors. Homeowners must live in Council District 1-8. **Contact, San Diego Imperial Counties Labor Council, at (619) 283-5411, ext 109, for more information.**

California Telephone Access Program (CTAP)

Mandated by the State of California, CTAP program provides free specialized telecommunication equipment and services to residents of California. The phone and services distributed by the CTAP program, help to facilitate communication for anyone who is deaf/hard of hearing, blind/vision impaired, mobility impaired, speech disabled or cognitively impaired. In order to qualify for the CTAP program, you must be a California resident, have telephone service in your home, and must have a permanent or temporary impairment certified by a doctor. **For further information, call Caridad Fleites at (619) 291-8511 or email at caridad@ddtp.org.**

Senior Employment Opportunity

Sea World is currently seeking enthusiastic candidates for various seasonal positions in Culinary Operations, Merchandise and Park Operations. A positive attitude and commitment to quality throughout all aspects of the job is a real plus. Sea World offers flexible scheduling for part time team members and encourages you to visit and submit an application. **Contact Sea World Employment Center, at (619) 226-3842, for more information.**

Balboa Park Senior Lounge Activities

*The Senior Lounge is located in the Casa Del Prado (room 105). Feel free to stop by and relax in the Lounge (open seven days a week from 10:00 a.m. to 2:00 p.m.). The Casa Del Prado is between the Natural History Museum and the Lilly Pond. **During Lounge hours, you can reach a volunteer, by calling, (619) 236-0262.** Thanks to a wonderful group of volunteers, the following **(FREE)** activities will be available at the Lounge, April-June.*

Reverse Mortgage Luncheon

Friday, April 21 11:30 a.m. - 1 p.m.

See page 5 for details.

Free Museum Visits

Tuesday, April 18 & May 16

Meet at the Senior Lounge at **1:30 p.m.**, for a short stroll to the Art Museum and the Mingei Museum and a slightly longer walk to the Museum of Man. Admission is free on these dates. You can choose to stay with the group, spending about 30 minutes at each museum or view the exhibits at your own pace.

Scrabble, Card & Board Games

Every Monday, 11 a.m. - 1 p.m.

Enjoy a friendly game and good company at the Senior Lounge. Game donations are always welcome. **Senior Lounge is closed on Monday, May 29th for the holiday.**

Drawing Composition

Every Tuesday, 10 a.m. - 12 p.m.

Bring your imagination, drawing book, soft lead or charcoal pencil and a "needed" eraser. Participants will draw park landscapes and/or "points of interest," followed by a group discussion on composition.

Jazz . . .

Every Tuesday, 12 - 2 p.m.

Bring a sack lunch and enjoy listening to and discussing east coast, west coast and cool-school jazz. Feel free to bring your compact disks and or tapes to share.

Please note: There will not be any volunteers at the Senior Lounge on Thursday, May 18th. Our wonderful volunteers will be honored at Tom Ham's Lighthouse on this day for our Annual Volunteer Recognition Luncheon. In addition, the Lounge will be closed on Monday, May 29th in observance of Memorial Day.

Chit-Chat . . .



Every Wednesday, 10 a.m. - 2 p.m.

Stop by for some friendly chit-chat, a cup of coffee and light refreshments. Our volunteers are waiting to hear from you.

Balboa Park Walk

Every Thursday, 10 - 10:45 a.m.

Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Walk will begin at 10:00 a.m. from the Senior Lounge.

Book Club

3rd Thursday, 11 a.m. - 12 p.m.

4/20, 5/19, 6/15

If you enjoy reading fiction, non-fiction, classics, mysteries, thrillers, etc., then this is the group for you. **New members are always welcome.** Call Kristi, at (619) 236-6906 to find out the current "book of the month." **In May, the group will be meeting on the 3rd Friday, instead of Thursday.**

Photographer's Social



Every Thursday, 12:30 - 1:30 p.m.

This group will share ideas of inspiration, discuss various artistic techniques, presentation and creative expression. Individuals at all levels are welcome.

Bingo !!!

2nd & 4th Fridays 10 a.m. - 12 p.m.

4/14, 4/28, 5/12, 5/26, 6/9, 6/23

Bingo anyone? This is a **free** activity, so come on out and have some fun with other bingo enthusiasts. Prizes awarded to all winners!



Reverse Mortgage Luncheon

**Friday, April 21, 2006
11:30 a.m. – 1:00 p.m.**

**Balboa Park Senior Lounge
Casa Del Prado (room 105)**

Senior Citizen Services is co-sponsoring this **free lunch seminar** on Reverse Mortgages in the Balboa Park Senior Lounge. A Reverse Mortgage is a type of mortgage that allows senior homeowners the ability to tap the equity in their home while giving you the maximum amount of flexibility to address your particular financial needs, whether it's a lump sum to pay an unexpected hospital bill or a stream of regular payments to supplement your monthly income.

In addition, learn how to receive the world's best Identity Theft service for free. **Lunch will be provided by TOGOs for those in attendance.** The Senior Lounge is located in the Casa Del Prado (room 105) in Balboa Park. **There is no charge for this program, but you need to register because space is limited. Register by calling Senior Services, at (619) 236-6905.**



Live Your Life. Better!

**Thursday, May 12 2006
9:30 a.m. – 12:00 p.m.**

**War Memorial Bldg.
3325 Zoo Dr., San Diego**

This is a three-part program, including a continental breakfast, health & travel!

The Director of the National Association of Sports Nutrition, Jeff Kotterman, will discuss how senior citizens can live a healthier, younger lifestyle by making small, yet necessary, changes to their eating and exercise habits. You can learn how to increase your metabolism, strengthen your muscles and bones, and feel rejuvenated! Your age is nothing but a number; this is your chance to understand why! This seminar is brought to you by *The Health Factor*, a San Diego based nutritional consulting company.

Senior travelers . . . we need your input! Senior Citizen Services is in the process of planning some new and exciting trips. Some travel company representatives will be available to provide their expertise at this event. Raffle prizes and discounts on future trips will be given away. **Please register, by calling Senior Citizen Services, at (619) 236-6905, so we can plan accordingly.**



Senior Trips

Reserve your spot today by sending full payment, your name, address, phone number and pick-up location to Senior Citizen Services, 202 "C" Street, San Diego, CA 92101. Please make check or money order payable to "DSAC." **Refund policy for trips sponsored by Senior Citizen trips:** A two-week notice is required in order to be given a refund, unless otherwise noted. Call (619) 236-6905 for more information.

Wanted: Senior Travelers

Friday, May 12, 2006 9:30 a.m. - 12 p.m.

Senior travelers . . . we need your input! Join us in the War Memorial Building auditorium for a continental breakfast, health presentation (see page 5 for details) and help us plan some new and exciting trips. Travel company representatives will be available to provide their expertise. **Prizes and discounts on future trips will be given away.** Register by calling Senior Citizen Services at (619) 236-6905.

Golden Acorn Casino

Thursday, April 6 \$10.00

Cost includes round trip bus fare and **\$10.00 cash rebate** upon arrival to the Golden Acorn.

*Pick up locations as follows: 8:30 a.m. at Clairemont Friendship Center; 9 a.m. in Downtown, S.D.; 9:10 a.m. in NP. Bus will depart to San Diego at approximately 3:30 p.m. **Payment is due upon registration.** No refunds available.



Downtown, Las Vegas

Sunday-Tuesday, May 7-9

\$83.00 per person: dbl. occupancy

\$115.00: single occupancy

There are still a few spots available on our annual trip to the *Fremont Hotel & Casino*. Cost includes transportation, lodging, fun book, gratuity for the bus driver and an optional ½ day trip to the Las Vegas Strip on the second day. **Payment is due upon registration.** *Pick up locations as follows: 7:30 a.m. in NC; 8 a.m. in Downtown, S.D.; 8:10 a.m. in NP; 8:30 a.m. in Clairemont.

Lawrence Welk

Sunday, May 21 \$66.00

There are limited seats available, so register soon for, "*Always...Patsy Cline.*" This charming show is filled with comedy to touch your heart and the wonderful songs that made Patsy Cline a country music legend. Don't miss this wonderful musical comedy that's been a hit across America! **Cost includes lunch, show ticket and transportation.** *Pick up locations as follows: 9:50 a.m. in Clairemont; 10:15 a.m. in Downtown, S.D.; 10:35 a.m. in LM. Return to San Diego at approximately 6 p.m. **Payment is due upon registration.** Refund only available with a four week notice.

San Diego County Fair

Thursday, June 15 \$21.00



Don't miss the bus on our annual trip to the *San Diego County Fair*. Cost includes admission to the Fair and transportation. **Payment is due within two weeks of registration, but no later than May 19th.** *Pick up locations as follows: 9 a.m. in Downtown, S.D.; 9:10 a.m. in NP; 9:30 a.m. in Clairemont. Bus departs to San Diego at approximately 5 p.m.

Senior Trips

Laughlin, Nevada

3-Nighter !!!

Sunday-Wednesday, September 24-27

\$85.00 per person: dbl. occupancy

\$110.00: single occupancy

Join us for three nights and four days at the *Flamingo Hilton* in Laughlin. Cost includes lodging, transportation, gratuity for the bus driver, an optional ½ day trip to Oatman and **two buffet meals. Payment is due within two weeks of registration, but no later than August 18th.** *Pick up locations as follows: 7:30 a.m. in NC; 8 a.m. in Downtown, S.D.; 8:10 a.m. in NP; 8:30 a.m. in Clairemont.

Lake Arrowhead

Sunday, September 17 **\$37.00**



Here in San Diego, September is usually just another month with summer temperatures. The rest of the nation is cooling off and enjoying the first breezes of fall. If you are ready for some fresh mountain air and the smell of pine trees, then join us as we journey north to the cool and invigorating atmosphere of Lake Arrowhead. Spend a day amid the forest paths, cruise the clear blue waters of that scenic lake, listen to Bavarian music, browse the many gift shops (with a nice discount coupon in hand). If you don't fancy the Oktoberfest style food available, then try the many specialties of the local vendors (lunch on your own). Cost includes transportation, boat tour and gratuity for the bus driver. **Payment is due within two weeks of registration, but no later than August 28th.** *Pick up locations as follows (times TBA): Downtown, S.D., LM and Clairemont

Red Hatters . . .

Friday-Sunday, October 13-15

\$97.00 per person: dbl. occupancy

\$140.00: single occupancy

Whee!!! Ride the Red Hat Fun Bus, share silly jokes, play bingo and win prizes. Join sister red-hatters for a trip to the *Flamingo Hilton, Laughlin Hotel and Casino*. Cost includes lodging, transportation and gratuity for the bus driver. **Payment is due within two weeks of registration, but no later than August 28th. Refund only available with a four week notice.** *Pick up locations as follows: 7:30 a.m. in LM; 8 a.m. in Clairemont; 8:30 a.m. in Escondido.



Julian-Autumn-Apple Pie

Saturday, October 28 **\$30.00**

These three things go together!!! Ask anyone in San Diego County and you are sure to hear this reply, "If you only go to Julian once during the year, then be sure to go during the autumn season." So we invite you to join us as we journey over the hills and through the dales (not quite sure what a "dale" is) but come with us anyway. We will stroll those interesting streets (all four of them), visit the museum, see a play (called Mellerdrams), check out the craft show, perhaps find a treasure or three, have lunch (on your own) and enjoy some of the very best apple pie in the country. **Payment is due within two weeks of registration, but no later than October 9th.** *Pick up locations as follows (times TBA): Downtown, S.D., LM and Clairemont

***Pick-up locations:** NC=National City, 1221 "D" St. (Kimball Towers); Downtown S.D.=Corner of 3rd and "B" Sts.; NP=North Park Rec. Ctr. (4044 Idaho St.); LM=La Mesa Park and Ride (near Grossmont Ctr. & Red Lobster); SC=South Clairemont Rec. Ctr. (3605 Clairemont Dr.); Clairemont Friendship Center (4425 Bannock Ave.); Escondido Park & Ride (871 N. Broadway)

"Carol's Corner"

The following trips are offered by Carol Capell from Anderson Travel. Carol can be reached at (619) 464-2521, Ext. 30. Please mention Senior Citizen Services, when making your travel arrangements.

Padres vs Cubs in Chicago

May 10-14, 2006

Cost: \$1750.00 (double) \$2050.00 (single)

California Missions Trail

May 15-22, 2006

\$1885.00 (double) \$2400.00 (single)

Lake Powell & Bryce Canyon

June 4-9, 2006

\$999.00 (double) \$1257.00 (single)

Montana & Glacier Park

July 8-15, 2006

\$2050.00 (double) \$2640 (single)

Europe's Heartland Cruise

Moselle, Rhine & Main Rivers

July 12-25, 2006

\$4300.00-\$4700.00

Brilliant British Columbia

September 7-14, 2006

Cost: \$2550.00 (double) \$3300.00 (single)

New England Fall Foliage by Rail & Sail

September 26-October 5, 2006

\$2230.00 (double) \$3025.00 (single)

Thanksgiving Mexican Riviera Cruise (Carnival Spirit)

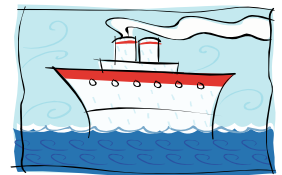
November 23-December 1, 2006

Roundtrip sailing to Acapulco, Manzanillo and
Ixtapa/Zihuatanejo

\$644.85 (inside) \$794.85 (ocean view)

\$894.85 (balcony) \$1494.85 (suite)

Prices are per person, based on double
occupancy.



China Experience, all year around!

Super Deals for China Tours in May!

Come and join **SanMaxx Tours** for a once in a life time experience! The blow-out special running for Guilin departure on 5/08/06 to Beijing, Xian, Guilin, Yangshuo, and Shanghai for 12 days is reduced to only **\$1749** from \$1799 per person. There is also an **\$80** off the original price of \$2299 per person for Yangtze River departure on 5/16/06 to Beijing, Xian, Chongqing, Yangtze River cruise, Yichang, Suzhou and Shanghai for 14 days. Prices include International airfare, China domestic airfare, local transportations, 4/5-star rated hotels accommodation, three meals daily, admission fees and bilingual tour guides service fee. Call SanMaxx Tours, at (858) 472-4018 or sanmaxx.com for details. Don't miss your chances on these two!! **Please mention Senior Citizen Services, when making your travel arrangements.**

Senior Dances



The following dances (2nd & 4th Thursdays) are sponsored by the San Diego Park & Recreation Department, Senior Citizen Services. All of the dances are at the Balboa Park Club, located off of Park Blvd. and President's Way. Call (619) 236-6905 for more information.



Wear a Scarf Dance

Thursday, April 13 1:00 - 3:30 p.m.

\$3.00 per person

Wear a scarf for fun and join Senior Citizen Services for an enjoyable afternoon. The "Encores" will provide live entertainment, refreshments will be served and door prizes awarded.



Mother's Day Dance

Thursday, May 11 1:00 - 3:30 p.m.

\$3.00 per person

In honor of mothers, *VITAS Innovative Hospice Care* will be providing flowers for all of the ladies in attendance. Everyone will enjoy live entertainment by the "Encores", refreshments will be served and door prizes awarded. **Prior to the dance (12:00 - 12:45 p.m.), *VITAS Innovative Hospice Care* will be providing information on Advance Health Care Directives (see page 10).**



Father's Day Dance

Thursday, June 8 1:00 - 3:30 p.m.

\$3.00 per person

Join Senior Citizen Services at the Father's Day Dance to celebrate all fathers, grandfathers and great grandfathers. Refreshments will be served, door prizes awarded and "Reno Ramblers" will play for everyone's enjoyment.

Dance + Lessons!

**Russell Maples will be providing dance lessons on the 4th Thursday of the month dances. Lessons are from 12:00 to 12:45 p.m., which are included in the \$3.00 admission fee.*

International Day Dance

Thursday, April 27 1:00 - 3:30 p.m.

\$3.00 per person

Back by popular demand, the "Berger Kings" will be providing live entertainment. In addition, refreshments will be served and door prizes awarded. ***Join Russell Maples at 12:00 p.m. for waltz instruction.**

Memorial Day Dance

Thursday, May 25 1:00 - 3:30 p.m.

\$3.00 per person

You won't want to miss Joe and Lynn of the "A-Team", so save the date! Along with live entertainment, refreshments will be served and door prizes awarded. ***Russell Maples will be providing samba lessons at 12:00 p.m.**

Summer Dance



Thursday, June 22 1:00 - 3:30 p.m.

\$3.00 per person

Bring your sweetheart or come solo to Senior Citizen Services Summer Dance. Enjoy an afternoon of mingling, dancing or listening to "Billy Harper & the Hot Shots". Refreshments will be served and door prizes awarded. **Join *Russell Maples, at 12:00 p.m. for cha-cha instruction.**

Improving Quality of Life with Advance Directives

**Thursday, May 11
12:00 – 12:45 p.m.**

**Balboa Park Club
Free**

VITAS Innovative Hospice Care is partnering with *Senior Citizen Services* to provide an Advance Directive workshop. This educational workshop can help you make decisions regarding advance directives and end-of-life care. Many people find it hard to talk about such things, but have strong opinions about how they would want to be treated. Please join us in the discussion designed to help you feel more comfortable about this topic.

All participants will be able to take home Advance Directive forms as well as instructional material on how to complete the forms. The Balboa Park Club is located off of President's Way and Park Blvd. **Please RSVP, by calling Senior Services at (619) 236-6905. Following the presentation is Senior Citizen Services Mother's Day Dance (see Dance page).**

Growing Older, Getting Better! *Presentation & Ice-Cream Social*

**Wednesday, July 12
1:00 – 2:30 p.m.**

**War Memorial Building
Free**

Learn the top ten things you can do to lead a healthy life and take this opportunity to ask your most pressing health-related questions. This informative talk will feature one of our many wonderful Sharp Rees-Stealy physicians. Discover the role of exercise, sleep, nutrition and stress management. **To RSVP for this event call 1-800-82Sharp.** Following the presentation, ice-cream will be served to everyone in attendance. The War Memorial Building is located at the north end of the San Diego Zoo parking lot.

The War Memorial Building (3325 Zoo Dr.) is located at the north end of the Zoo parking lot.



Community Opportunities

San Diego Senior Sports Festival 2006

Volleyball Tournament

April 22, 9 a.m.-5 p.m. BPAC

Healthy Lifestyle Luncheon

May 5, 12-2 p.m. Balboa Park

Golf Tournament

May 17, 7:30 a.m. East Lk Country Club, C.V.

Healthy Lifestyle Luncheon

June 16, 12-2 p.m. Balboa Park

Chuck McMahon Track Meet

June 24, 7a.m.-5 p.m. Site TBD

Please contact the Senior Olympic Office, at (619) 226-1324/www.sdseniorgames.org for more information or to confirm the above dates.

Old Globe

The Old Globe is offering a special senior group discount of 50% off for groups of 15 or more for the following shows:

The Constant Wife: April 1-May 7

The Violet Hour: May 20-June 25

Call Group Sales Manager Cate Burke at (619)231-1941 to book your group or inquire about special prices for smaller groups. Single tickets are also available at a special senior rate!


For more information, contact The Old Globe box office at 619-23-GLOBE(5623) or visit www.TheOldGlobe.org

Widows or Widowers (WOW)


The purpose of this club is to make available social and educational activities, work towards the social and cultural enrichment of its members and to provide suitable and acceptable ways for widows and widowers to meet. **For membership information, contact Marie, at (619) 461-7652.**

Athenaeum

San Diego Mini-Concerts 33rd Season at the Lyceum Theatre, Horton Plaza, Downtown (parking is validated). For more information, call (858) 454-5872/ www.ljatheaneum.org

 **Monday, April 10** **12:00 p.m.**
Jazz Local Jazz Quartet

 **Monday, April 24** **12:00 p.m.**
SDSU Clarinet Choir

 **Monday, May 8** **12:00 p.m.**
32nd Mayor's Concert

Finding Balance in the Art of Caregiving

The Caregiver Coalition of San Diego County and the Fourth District Senior Resource Center are providing this free conference for family caregivers at George L. Stevens Senior Community Center (570 S. 65th St., San Diego). Topics presented include: "Your Feelings: The Emotional Aspect of Caregiving", "Hands on Care: Bedside Nursing Techniques", "Transfer Techniques and the Use of Assistive Devices", "The Spiritual Side of Caregiving", "Legal Issues for Caregivers", "Medications and Medicare Part D", "Addressing Communication and Behavior Changes in Persons with Dementia".

Aging Summit 2006

Save the Date: Friday, June 2

The Aging Summit conference is hosted by Dianne Jacob and Pam Slater-Price, County of San Diego Board of Supervisors and Aging & Independence Services. Topics included at the conference include older adult obesity, senior workforce/employment and older adult mental health. The event will be held at the Town & Country Convention Center. **For more information, call Adria Cavanaugh, at (858) 495-5279.**